



SECTION FOUR — RECREATION

Chapter Twenty – Recreational Activities at Acadia

- Hiking
- Biking
- Boat Excursions
- Camping
- Fishing
- Rock Climbing

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Recreation Fact Sheet – Hiking

This trail list divides Acadia's hiking trails according to their general location. It includes brief trail descriptions, NPS ratings, trailhead starting points, one-way distances (unless otherwise noted), and time estimates for the one-way distance (unless otherwise noted) based on an average hiker with resting stops. Trailheads that begin off of a connecting trail only have the mileage listed for the specific trail, not the connecting trail. Hikers should note this and add the distances for each trail for a more accurate idea of the time and distance involved.

This information does not take the place of a detailed map and/or guide; therefore the park strongly encourages the purchase of one or both of these items. A word of caution—some trail guides may show historic names for the hiking trails that vary from those used by the National Park Service.

HIKING GUIDELINES

- Carry detailed hiking map and, if desired, hiking guide book.
- Always estimate a little extra hiking time.
- Wear proper gear for terrain and weather.
- Bring adequate water.
- *Leave no trace*—pack it in, pack it out.
- Follow trail blazes (blue paint) and rock cairns (rock piles on open rock).
- Stay on established trails, especially on mountain summits, to avoid trampling fragile plants and creating “social” trails.
- Some trails may be closed due to conditions. Check before hiking.

TRAIL RATINGS

- **E**—Easy/Generally over level ground but may include some minor rises. May be over rocky ground.
- **M**—Moderate/Includes gradual inclines with uneven footing.
- **S**—Strenuous/Steep, rocky, difficult inclines.
- **L**—Ladder/In addition to being strenuous includes iron rungs or ladders to traverse narrow ledges or cliff faces.

1. FROM BAR HARBOR

Bar Island (E): A window of 1-1/2 hours on either side of low tide allows passage along the bar connecting this island to Bar Harbor. Meadows and woodlands are crossed by trails. *Trailhead: Bridge Street off West Street in Bar Harbor 1/2 mile/ 30 minutes.*

Great Meadow Trail (E): Following in the footsteps of those that gave land to create Acadia, generous private landowners have allowed visitors walking access to Acadia's Great Meadow from Bar Harbor. Please respect their privacy. Trail map is displayed on the village green.

2. PARK LOOP ROAD – VISITOR CENTER TO SIEUR DE MONTS SPRING

Trailheads along the Park Loop Road are given in order of location with mileage measured from the visitor center.

Cadillac North Ridge Trail (M): Open ledges and views toward Bar Harbor characterize this trail that primarily follows the road bed to Cadillac's summit. *Trailhead: 3.2 miles from the start of the loop road/ 2.2 miles/90 minutes.*

Dorr Mountain North Ridge Trail (M): Steep, open ledges with views towards Bar Harbor and Cadillac Mountain's east side. *Trailhead: 4.1 miles from start of the loop road/1.8 miles/90 minutes.*

Gorge Path (M): Traverses a rocky streambed enclosed by mountain walls through the saddle between Dorr and Cadillac. Trail turns westward at notch between Cadillac and Dorr and climbs to Cadillac Mountain summit. *Trailhead: 3.8 miles from start of the loop road/1.8 miles/90 minutes.*

Kebo Mountain Trail (M): Includes trail sections from the Gorge Path and Dorr Mountain North Ridge Trail joined by a connector trail. Kebo Mountain rises 407 feet and offers some views of Great Meadow. *Trailhead: same as either the Gorge Path or Dorr Mountain North Ridge Trail/ 1.5 miles/60 minutes.*

3. SIEUR DE MONTS SPRING AREA

Dorr Mountain hiking trails and their connections to Cadillac Mountain and other areas of the park are primarily accessed from Sieur de Monts Spring. In general, trails following the east face of Dorr Mountain are more challenging than those on the southern and northern slopes. Check trail guides and maps for specific directions.

Dorr Mountain East Face Trails - Trailheads behind Spring House on Jesup Trail:

Dorr Mountain East Face Trail (S): Access to the East Face Trail of Dorr Mountain is via trails built with granite steps. The trail is open with immediate and satisfying views. *1.5 miles/75 minutes.*

Kurt Diederich Trail (S): This trail is more wooded than the Dorr Mountain East Face trail. The two trails converge and continue a steady climb over open granite ledges toward Dorr's summit. *1.5 miles/75 minutes.*

Ladder Trail (L): This very strenuous climb includes three iron rung ladders and numerous granite steps. Trailhead can also be accessed from Tarn parking lot on State Route 3. Connects with the Dorr East Face Trail to complete the hike to Dorr Mountain summit. *.6 mile/50 minutes.*

Tarn Trail (M): Rolls through meadows, past beaver ponds, and through woods along Otter Creek. Trailhead can also be accessed from Tarn parking lot on State Route 3. Provides connections with the Ladder Trail and Canon Brook. *1.2 miles/35 minutes.*

Trailheads From behind Nature Center:

Jesup Path (E): Following in the footsteps of Native Americans through birch forests and open marsh. Today's trail, over boardwalks and small foot bridges, connects to the Tarn Trail to the east and the Park Loop Road to the west. *.6 miles/20 minutes.*

Dorr Mountain North Slope Trails–Trailheads from the Hemlock Road (Behind Wild Gardens):

Dorr Mountain North Ridge Trail (M): Steep, open ledges with views towards Bar Harbor and Cadillac Mountain's east side. *Trailhead: From Hemlock Trail/1.9 miles/85 minutes.*

Gorge Path (M): Traverses a rocky streambed enclosed by mountain walls through the saddle between Dorr and Cadillac. Trail turns westward at notch between Cadillac and Dorr and climbs to Cadillac Mountain summit, or east toward Dorr Mountain. *Trailhead: from Hemlock Trail/1.9 miles/85 minutes.*

Hemlock Trail (M): After a short steep ascent through a small hemlock grove, the trail levels and connects with Dorr North Ridge Trail, Gorge Path, and Kebo Mountain. *.5 miles/20 minutes.*

Strath Eden Path (E): This path gradually rises through birch and aspen forests before ending at the Park Loop Road. Also connects with Dorr North Ridge Trail. *Trailhead: From Hemlock Trail/.9 miles/25 minutes.*

Dorr Mountain South Slope Trails–Trailheads and connections off of Route 3 approx. 1/4 mile past the Tarn Parking Area (a short path leads to the Tarn Trail):

A. Murray Young Trail (M): Stream-lined woods and open grassy areas characterize this trail that rises through the south-facing valley between Dorr and Cadillac. *Trailhead: from Canon Brook Trailhead/1.9 miles/60 minutes.*

Canon Brook Trail (S): Connects with the Dorr Mountain South Ridge Trail and the A. Murray Young Trail before steeply rising to intersect with the South Ridge Trail of Cadillac. Canon Brook continues on to meet with the Pond Trail for access to Jordan Pond. *Trailhead: .5 mile from Ladder Trail trailhead (just south of the Tarn)/2 miles/85 minutes.*

Dorr South Ridge Trail (M): Coniferous woods and open granite ledges with views of Cadillac, Champlain, and the ocean. *Trailhead: from Canon Brook Trailhead/1.9 miles/85 minutes.*

Trailheads From Tarn Parking area on Route 3, 1/10 mile from Sieur de Monts entrance:

Beachcroft Trail (M): Across from the Tarn and Route 3, a series of stone steps and switchbacks along open ledges rise to just below Huguenot Head's summit. The trail drops into a small valley and continues on to Champlain Mountain's summit. *.8 mile/55 minutes.*

Tarn Trail (E): See Dorr East Face Trails on page 4-4.

4. FROM SIEUR DE MONTS SPRING TO SAND BEACH

Park Loop Road Trailheads (in order of location on Park Loop Road):

Bear Brook (M): This gradual climb leads to the summit of Champlain Mountain along its north ridge. *Trailhead: 6.4 mile from visitor center on the Park Loop Road/1 mile/55 minutes.*

Precipice (L): One of the most challenging trails in the park, the Precipice is a ropeless, non-technical climb over steep exposed rock with sheer drops using ladders, iron rungs, and steel bridges across ravines. NOTE: Hikers with hesitancy about heights should carefully consider taking this route. The thousand foot cliff face is also home to nesting peregrine falcons. To prevent disturbance to these raptors, the trail is often closed in the spring until mid-summer. *Trailhead: 7.3 mile from visitor center on the Park Loop Road/.9 mile/65 minutes.*

5. SAND BEACH AREA

Beehive (L): For those wanting an exhilarating climb, the Beehive's iron rungs and sheer drop ledges provide just that. NOTE: Hikers with hesitancy about heights should carefully consider taking this route. From the top of the Beehive, continue on toward the Bowl. *Trailhead: Off Park Loop Road across from Sand Beach Parking Area/.8 mile/40 minutes.*

Champlain South Ridge Trail (M) leads to spectacular ocean views. From Champlain's summit, return via the same route, or down Bear Brook or head to the west and the Beachcroft Trail (see Sieur de Mont Spring section). *Trailhead: from Bowl Trail.*

Great Head Trail (M) rambles up and around a rocky peninsula and through a birch forest. Starting point is at the eastern end of Sand Beach. *Trailhead: East end of Sand Beach/Roundtrip: 1.7 miles/60 minutes.*

Ocean Trail (E) parallels the Park Loop Road as it passes Thunder Hole, winds around Otter Cliffs, and ends at Otter Point. The second half of the two-mile trail is more secluded from the road. *Trailhead: Upper parking lot at Sand Beach/2 miles/55 minutes.*

The Bowl Trail (M) is a gradual climb between the steep-sided Beehive and Gorham Mountain to this small glacial pond. *Trailhead: Off Park Loop Road across from Sand Beach Parking Area/.7 mile/30 minutes.*

6. FROM SAND BEACH TO JORDAN POND

Park Loop Road Trailheads in order of location on the Park Loop Road:

Gorham Mountain Trail (M): Gorham Mountain rises gradually to 525 feet, offering ocean views from its summit before dropping into its shared valley with the Beehive. Cadillac Cliffs, a short spur trail just after the start of the Gorham Mountain Trail, passes through a wooded area along rock walls, once the island's shoreline following the release of glacial ice 12,500 years ago. *Trailhead: 9.7 miles from visitor center on Park Loop Road/1 mile/45 minutes.*

Hunters Brook Trail (M) is primarily through dense woods before joining with the Bubble Pond carriage road and the Pond Trail further north along the carriage road. *Trailhead: 14.1 miles from visitor center on Park Loop Road/2 miles/60 minutes.*

7. JORDAN POND AREA

Trailheads from behind Jordan Pond Giftshop at Carriage Road junction # 15:

Asticou Trail (M) is a rolling woods walk with a few gentle climbs. The trail connects to Sargent Mountain South Ridge Trail, carriage road to Brown Mountain, or to Eliot Mountain and Thuya Gardens in Northeast Harbor. *1.8 miles/60 minutes.*

Jordan Stream Trail's (M) character changes with the personality of the stream that, dependent on the season, ranges from quiet pools to rushing water. The Cobblestone Bridge at trail's end seems to be a natural extension of the stream itself. Built in 1917, it is the only carriage road bridge faced with cobblestones. Return trip along carriage road. *.6 miles/20 minutes.*

Jordan Cliff Trail's (L) very steep rises and drops characterize this rugged hike over ledges and rocky breakdown. Metal rungs, railings, and bridges assist hikers. May be closed at times in the spring and early summer due to peregrine falcons nesting. *2.2 miles/90 minutes.*

Penobscot Mountain Trail's (S) initial steep climb levels to a gradual rise to Penobscot's summit, and continues to small Sargent Pond and on to Sargent Mountain, the park's second highest summit. *1.5 miles/70 minutes.*

Carriage Roads (E): Numerous carriage roads wind to the south of the Jordan Pond Tea House, to the north to Eagle Lake, to the west toward Brown Mountain Gatelodge, and to the east toward Wildwood Stables. Carriage road explorers can seek out three stone-faced bridges in the vicinity of the Jordan Pond Tea House: the Cobblestone Bridge along Jordan Stream (see below), the Jordan Pond Bridge, and the West Branch Bridge (on carriage road leading toward Brown Mountain). Be sure to pick up a Carriage Road Users Map from park information centers. (Copy in this guide.)

Trailheads From Jordan Pond Boat Ramp:

Jordan Pond Self-Guiding Nature Trail: This 1/2-mile natural history walk loops along the edge of Jordan Pond and through the woods. Brochure available at trailhead for nominal fee. *Trailhead: Beginning of boat ramp next to parking lot/ 1 mile/35 minutes.*

Jordan Pond Trail's (M) three mile loop includes level walking and some challenging terrain over large boulders on the west side of the pond. *Roundtrip: 3.2 miles/1 hour, 40 minutes.*

The Pond Trail's (S) beginning mile (from the Jordan Pond Trail) is a gradual rise through open spruce woods past trailheads for Pemetic Mountain and the Triad. After it intersects with the Bubble Pond carriage road, The Pond Trail's character changes abruptly with steep climbs as it rises toward Cadillac's South Ridge Trail and joins with Canon Brook. *1.5 miles/65 minutes.*

The Triad (M) is a grouping of three small peaks to the south of Pemetic Mountain. The trail around the three peaks is a loop. *Trailhead: from The Pond Trail/3 miles/120 minutes.*

8. BUBBLE ROCK/BUBBLE POND AREA

Bubble-Pemetic Trail (S) is a steady climb through dense forests with few views. *Trailhead: Across from Bubble Rock Parking/.5 mile/40 minutes.*

Cadillac West Face Trail (S) steeply climbs up Cadillac Mountain's western slope from the eastern shore of Bubble Pond to connect with other Cadillac Mountain trails. *Trailhead: East side of Bubble Pond/1.4 miles/85 minutes.*

Carry Trail (M) meanders through woodlands to meet the Bubble trails.

Trailhead: Across Park Loop Road from Bubble Pond on carriage road/1 mile/30 minutes.

Connors Nubble (M) rises 588 feet above Eagle Lake and offers stunning views of Eagle Lake to the north and the Bubbles to the south. *Trailhead: 1.3 mile from the Eagle Lake Trailhead or 1 mile from the carriage road junction #7/.6 mile/30 minutes.*

Eagle Lake Trail (M) follows the southwest shore of Eagle Lake terminating at Eagle Lake carriage road's west side. *Trailhead: from carriage road junction #7/1.3 miles/45 minutes.*

North Bubble (M) forks to the right from the Bubble Rock Trail and leads to the steeper North Bubble with views of Eagle Lake and Frenchman Bay. *Trailhead: From Bubble Rock Parking/.6 mile/30 minutes.*

Pemetic Mountain Trail (S) is wooded with open areas toward the summit. Spectacular ocean views appear before dropping toward the Pond Trail along the Pemetic South Ridge Trail. *Trailhead: Bubble Pond parking/1.3 miles/65 minutes.*

South Bubble/Bubble Rock (M): A quick ascent up South Bubble leads to the huge balanced glacial erratic, Bubble Rock. *Trailhead: From Bubble Rock Parking/.7 mile/30 minutes.*

9. CADILLAC MOUNTAIN AREA

Cadillac West Face Trail (S) is a steep and strenuous trail that joins Bubble Pond to the South Ridge of Cadillac Trail. *Trailhead: from South Ridge of Cadillac Trail/1.4 miles/85 minutes.*

Dorr Mountain Notch Trail (M) connects Cadillac Mountain Summit with Dorr Mountain trails. *Trailhead: eastern side of the Summit Path behind the Bar Harbor Interpretive sign/.4 mile/15 minutes.*

Cadillac North Ridge Trail (M) begins in the eastern corner of the parking lot. (See description under Park Loop Road – VC to Sieur de Monts, page 4-4.)

South Ridge of Cadillac Trail (S) is one of the longest trails in the park over a gradual climb to the summit of Cadillac at 1532 feet. Other trail options from the South Ridge Trail include Canon Brook, The Pond Trail, and other Cadillac Mountain trails. *Trailhead: from Cadillac Summit is behind the giftshop; from Route 3 across from Blackwoods Campground or from within campground.*

Summit Path (E) is a 1/2-mile paved path around the summit of Cadillac Mountain offering panoramic views of the Acadian archipelago. *15 minutes.*

10. BROWN MOUNTAIN/PARKMAN MOUNTAIN

Trailheads From Maine Route 198:

Giant Slide Trail (S) is one of the most strenuous mountain trails in the park leading up Sargent Mountain. *Trailhead: 1.1 mile from the junction of Route 198 and 233 begins on private property/2.8 miles/105 minutes.*

Sargent Mountain North Ridge Trail (M) provides a more moderate climb to Sargent's summit from the Giant Slide Trail. *Trailhead: same as Giant Slide Trail/3 miles/150 minutes.*

Trailheads From Parkman Mountain Parking Lot—off State Route 198:

Parkman Mountain, Bald Peak, and Gilmore Peak Trails (M) offer open views from their rounded rocky peaks and connections to trails on Sargent Mountain. *Trailhead: Take carriage road to the right; at carriage road junction #13 turn left about .2 mile for trailhead/1 mile/50 minutes.*

Grandgent Trail (S) is a challenging trail to Sargent Mountain summit leading up Sargent Mountain's west slope. *Trailhead on Sargent Mountain summit/1 mile (to Giant Slide Trail)/35 minutes.*

Trailheads From Norumbega parking pull-off—off State Route 198:

Maple Spring Trail and Hadlock Brook Trail (S) run parallel to each other through steep wooded areas that are rocky and rough before opening toward Sargent Mountain's summit. *Trailheads: east side of Route 198; 2.7 miles from intersection with Route 233/2 miles/90 minutes.*

Norumbega Mountain Trail (S) is fairly level along the base of Norumbega, but then rises steeply to reach the summit. Norumbega's South Ridge Trail returns to Lower Hadlock Pond. *2.5 mile/90 minutes.*

Trailheads From Brown Mountain Parking Lot—off of State Route 198:

Lower Hadlock Pond Trail (M) connects trails for hikes to Upper Hadlock Pond or Norumbega Mountain. *Trailhead: across Maine Route 198 from Brown Mountain Gatehouse/1.4 mile/65 minutes.*

Sargent Mountain South Ridge Trail's (M) steady climb offers views of the valley between Sargent and Penobscot as well as some ocean views. *Trailhead: Take carriage road to the right. At carriage road junction #18, turn right. At carriage road junction #19 turn right. Trailhead is .7 miles from parking area/3.1 miles/135 minutes.*

11. ACADIA MOUNTAIN/ST. SAUVEUR/BEECH MOUNTAIN AREA

Trailheads From Acadia Mountain Parking—west side of Route 102:

Acadia Mountain's (S) steep climb and descent and east-west ridge trail offers outstanding views of Somes Sound, the island's eastern mountains, and Beech Mountain. *Trailhead: across from the parking area/2.5 miles/90 minutes.*

St. Sauveur via Ledge Trail (M) climbs through a densely shaded forest, then meets with the St. Sauveur Trail and continues on to the summit. *Trailhead: from Acadia Mountain trailhead/.8 miles/40 minutes.*

Valley Cove Trail (S) continues from the Acadia Mountain trail at the east end of the Man O'War Brook Fire Road. Sections of jumbled talus make this coast-hugging trail challenging before rising to meet the Valley Cove Fire Road. Can continue along Valley Peak Trail and St. Sauveur Trails back to Acadia Mountain parking. *Trailhead from east end of Acadia Mountain Trail at junction with Man O'War Brook Fire Road/2 miles/70 minutes.*

Trailheads From St. Sauveur Parking—east side of Route 102:

St. Sauveur Mountain Trail's (M) gradual climb through spruce forests and occasional open slopes joins the Ledge Trail before reaching the summit. Views from the summit are limited. *1.3 miles/55 minutes.*

Valley Peak Trail (S) offers limited views from its east side until approaching the ridge line along Eagle Cliff, above Valley Cove. From St. Sauveur's summit, this strenuous and steep trail skirts along precipitous Eagle Cliff and then drops to the Valley Cove Fire Road. *Trailhead: From the St. Sauveur Mountain Trail/.8 miles/45 minutes.*

Trailheads From Echo Lake:

Beech Cliff Trail (L) is a ladder trail ascending the steep-sided granite cliffs on the west side of Echo Lake. NOTE: Hikers with hesitancy about heights should carefully consider before attempting this route. Beech Cliffs Trail rises quickly through a steep ravine via a series of ladders, metal rungs, and stone steps. *Trailhead: behind ranger house in Echo Lake parking lot/.5 mile/40 minutes.*

Trailheads From Beech Mountain Parking Lot (off of Beech Mountain Road; 2/10 of a mile west of Somesville Fire House on State Route 102):

Beech Mountain (M) is a summit with an addition; a fire tower that once served as a fire lookout for points between Frenchman Bay and Blue Hill Bay. Two forks of the trail provide different views. The trail to the left quickly ascends the mountain over granite ledges. The north fork continues straight offering outstanding views of Long Pond before reaching the summit. *1.1 miles/45 minutes.*

Beech Mountain South Ridge Trail (M) follows the southern flank of Beech Mountain over open ledges and shaded woods, connecting the summit with the Valley Trail. *Trailhead: Either from Beech Mountain summit or from Long Pond Service Road/.9 mile/45 minutes.*

Beech Mountain West Ridge Trail (M) descends along the mountain's west ridge and then follows Long Pond's shoreline before ending at the Long Pond pump house. *Trailhead: From Beech Mountain summit or Long Pond Road at pump house/1mile/45 minutes.*

Canada Cliffs Trail (M) at the top of Beech Cliffs, offers views of Echo Lake and access to the Valley Trail. *Trailhead: Across from the Beech Mountain parking lot/.9 miles/45 minutes.*

Valley Trail (M) traverses area between Canada Cliffs and Beech Mountain, ending at Long Pond Road. *Trailhead: South end of Beech Mountain parking lot/1.2 mile/ 50 minutes.*

12. SEAWALL AREA

Trailheads off of Maine Route 102A:

Ship Harbor's (M) trail winds through various Acadian habitats such as spruce forests, open ledges of huckleberry and blueberry, rocky shoreline, and mud flats. Ship Harbor, according to local legend, was aptly named for a wayward 18th century British ship that chose the harbor at high tide to hide. Low tide found the boat stuck, where it stayed until its deterioration was complete. Visitors to Ship Harbor at low tide no longer see that vessel, but can enjoy a variety of shorebirds that fish and pluck meals among the mud flats. The first half of the trail is wheelchair accessible. *Trailhead: off of Route 102A, 2 miles from Seawall Campground/1.3 miles/45 minutes.*

Wonderland's (E) wide pathway leads hikers through spruce forests and open rock ledges scattered with pitch pine before arriving at a rocky shoreline and cobble beach. Rugosa roses clumped along the coast release their heavy perfume to mix with the salt air. The trail is considered wheelchair accessible although there are a few rough spots from roots and loose gravel. Assistance may be required. *Trailhead: off of Route 102A, .9 miles from Seawall Campground/1 mile/30 minutes.*

13. WESTERN MOUNTAINS

Bernard Mountain South Face Trail (S) travels through a beautiful spruce and fir forest with occasional views of Blue Hill Bay to reach Bernard Mountain's summit *Trailhead: Western Mountain Fire Road/1.7 mile/80 minutes.*

Cold Brook Trail (E) connects the southern end of Long Pond with Gilley field around the base of Mansell Mountain. *Trailhead: South end of Long Pond/.4 mile (to Gilley field)/20 minutes.*

Great Notch Trail (M) meanders through the notch between Mansell and Bernard, offering access to other trails. *Trailhead: Gilley Field/1.1 mile (to Great Notch)/45 minutes.*

Great Pond Trail (M) hugs the shoreline of Long Pond for two miles before turning abruptly and rising toward Long Pond Fire Road. *Trailhead: south end of Long Pond/4 miles one way/3-1/2 hour roundtrip.*

Perpendicular Trail (S)/Razorback Trail combine to climb over Mansell Mountain offering views of the valley between Mansell and Bernard Mountain. Both trails are appropriately named. *Trailhead: south end of Long Pond/3.7 mile loop/120 minutes.*

Sluiceway (S) runs up the eastern slope of Bernard Mountain paralleling a mountain stream, joining the South Face Trail. *Trailhead: Mill Field off of Seal Cove Road/1.1 mile/60 minutes.*



Recreation Fact Sheet – Bicycling

From Acadia's unique car-free carriage road system to the spectacular scenery of the 27-mile Park Loop Road, bicyclists have many routes to choose from. Choose your route according to your abilities, time, and members in your party. Please follow the rules of the road so everyone in your group has a safe and enjoyable trip.

RULES OF THE ROAD

- Ride on the right, pass on the left.
- Obey all traffic signs.
- On automobile roads, ride single file in the direction of traffic. Use the shoulders.
- Let hikers or bikers know you are passing.
- Yield to pedestrians and horses.
- Bike only on carriage and automobile roads, not hiking trails.
- Bring adequate water.
- Wear a helmet.
- Watch your speed and stay alert!

BICYCLE RENTALS

Bar Harbor, Northeast Harbor, and Southwest Harbor have bicycle rentals. In Bar Harbor, many bicycle rental companies send visitors 8/10 of a mile up the West Street extension to the Duck Brook Road to access the carriage roads at Duck Brook. From Duck Brook Bridge, visitors can travel Eagle Lake, Witch Hole Pond, and/or Paradise Hill carriage roads. The West Street extension is fairly steep.

PARK LOOP ROAD

If visiting in the summer months, consider biking the Park Loop Road in the early morning or late afternoon. Although there are no mountain climbs on the loop itself, there are steady heart-pounding rises. Cyclists on the Park Loop Road must follow the one-way direction from the start of the loop to Jordan Pond. Be aware that cars may park in the right hand lane.

Two-way traffic is between Jordan Pond and the visitor center. The road between Cadillac Mountain and Jordan Pond is narrow without an adequate shoulder and not recommended for bicycling.

CADILLAC MOUNTAIN

People enjoy cycling up Cadillac Mountain in part for the trip back down. The 3.5 mile road has an 8% grade. Traffic is heavy, and in many areas the shoulders are gutters for handling rain run-off.

CARRIAGE ROADS

For carriage road biking, be sure to have a copy of the Carriage Road Users Map (in this guide) or a carriage road guide book from park information centers. Carriage road intersection numbers on signs correspond to these sources.

Although the Jordan Pond area provides good access to the carriage road system, many of the carriage roads to the south of Jordan Pond are on private property and off-limits to cyclists (but not horses or walkers). Check carriage road guides for specific closure areas. The suggested routes here are for bikers and ambitious walkers, but anyone can travel a short distance on the roads to experience their flavor.

From Visitor Center

Witch Hole Pond/Paradise Hill's six mile route travels past marshes, through woods, and offers occasional ocean views. A short but steep access trail leads from Hulls Cove Visitor Center parking lot.

From Eagle Lake—on State Route 233; 3 miles west of Bar Harbor

Witch Hole Pond/Paradise Hill: See above.

Eagle Lake's six-mile loop is fairly level on the east side with steady rises on the southern and western side. Other options from this loop include traveling to Bubble Pond and Jordan Pond.

Aunt Betty Pond Loop quickly climbs to the west of Eagle Lake, offering mountain views before descending past Aunt Betty Pond, meadows, and marshes. The road climbs again before rejoining the Eagle Lake carriage road. Other options include traveling to Brown Mountain or Jordan Pond.

Bubble Pond Area—from Park Loop Road

Bubble Pond to Jordan Pond: The Bubble Pond carriage road ambles along the eastern shores of Bubble Pond around the base of Pemetic Mountain. After passing by Wildwood Stables and the Day Mountain carriage road, the carriage road continues to Jordan Pond.

Eagle Lake: After crossing the Park Loop Road to the west, the carriage road circles Eagle Lake, or connects with the carriage road that parallels Jordan Pond's western shore.

Jordan Pond Area—from Park Loop Road

Around Mountain circles the bases of Penobscot, Sargent, and Parkman Mountains in this strenuous 11-mile loop. Also accessed from Eagle Lake, Parkman Mountain, or Brown Mountain Parking Area.

Jordan Pond to Bubble Pond: See Bubble Pond area.

Jordan Pond to Amphitheatre: See Brown Mountain Area.

Jordan Pond to Eagle Lake rises above Jordan Pond passing between the Bubbles and Sargent Mountain before descending toward Eagle Lake.

Parkman Mountain—from State Route 198

Hadlock Brook (Parkman Mountain): This four mile loop is a good choice for walkers and cyclists alike. Primarily wooded until rising around the base of Parkman Mountain and Bald Peak, the road offers views across Hadlock Pond out to sea, and crosses three carriage road bridges: Hadlock Brook, the Waterfall Bridge, and the Hemlock Bridge.

Around Mountain Loop: See Jordan Pond.

Brown Mountain—from State Route 198

Hadlock Brook: See above.

The Amphitheatre loop lies to the east of Brown Mountain in a valley between Sargent and Penobscot Mountains. The loop's two carriage road bridges are in direct contrast to each other. The 236-foot-long Amphitheatre bridge, reached after a steady uphill climb, dwarfs the Little Harbor Brook Bridge. Another option is to continue on to Jordan Pond from the Amphitheatre, passing over the Cliffside Bridge and the West Branch Bridge.

Western Side of Acadia

In addition to cycling on the state highways, there are two gravel roads in the park for cyclists. The **Seal Cove Road** connects Southwest Harbor to Seal Cove over a four-mile road. Although cars are not prohibited from this road, it is not heavily traveled, except for commuter traffic. The **Hio Road** connects Seawall Campground with Highway 102 at Bass Harbor Marsh. The 2.5-mile level gravel road runs through a wooded, marshy area. It begins in the group camping area at Loop C.

Carriage road maps removed for faster loading.
To download a copy of these maps, click on the following link:

<http://www.nps.gov/acad/maps/crummap.gif> .



Recreation Fact Sheet – Boat Excursions

BAR HARBOR

From the pier on West Street, numerous boating companies operate boat trips from whale watching to nature cruises to schooner jaunts.

NORTHEAST HARBOR

Numerous boat cruises are available from the town pier, including those that visit two of Acadia's off-shore holdings, Baker Island and the Islesford Historical Museum.

Outer Islands: The Town of the Five Islands (Bear, Sutton, Baker, Little Cranberry, and Great Cranberry) lie just outside of Northeast Harbor's mouth. Visitors wishing to glimpse island life can take the mailboat and explore both Great and Little Cranberry Island or enjoy an excursion on a tour boat.

Beal and Bunker, Inc.: Year round mailboat service to the outer islands. 244-3575.

Baker Island: Mostly all national park land, historical Baker Island is accessible via private boat. The island has panoramic views of Mount Desert Island and a magnificent granite block beach.

Islesford Historical Museum: On Little Cranberry Island, this small brick structure, part of Acadia National Park, exhibits stories of past island residents and their ties to maritime history. For more information, contact the park at 288-3338.

SOUTHWEST HARBOR/BASS HARBOR

Both Bass Harbor and Southwest Harbor offer tourist boating excursions in addition to the following ferry operations.

Cranberry Cove Boating: Seasonal boat service to Cranberry Isles from Southwest Harbor town pier, off Clark Point Road. 244-5882; 460-1981.

Swans Island Ferry: Six-mile, 30-minute trip from Bass Harbor. Reservations required for car transport. 624-7777.

BOAT EXCURSIONS – CANOES AND KAYAKS

There are numerous outfitters in each of the island towns that offer rentals and guided trips. Check local newspapers or the yellow pages for specific phone numbers.



Recreation Fact Sheet – Camping

FACILITIES

There are two campgrounds in the park. All sites are wooded and within a 10 minute walk of the ocean. The majority of sites are for tents, small and large, but other sites accommodate pop-ups, vehicle campers, and RV's up to 35 feet. A maximum of one vehicle and six people is allowed at each site. There are no hook-ups.

Campground facilities include comfort stations, cold running water, dump station, picnic tables, fire rings, and water faucets. Showers and camping supply stores are within 1/2 mile of both campgrounds.

Private campgrounds are available on the island. Contact local chamber of commerce for listings.

GROUP SITES

Group campsites are available at both Seawall and Blackwoods. There are five group sites holding 15 each which can be reserved through the park at 288-8791.

Fee: \$50.00/night.

SPECIFIC CAMPGROUND LOCATIONS AND INFORMATION

Blackwoods Campground: Located on Route 3 five miles south of Bar Harbor. Open year round. Reservations are suggested from May 1–October 31 and are handled through the National Park Reservation System at 800-365-2267. From November through May, Blackwoods is first come, first served. Facilities may be limited.

Fee: \$20.00/night.

Seawall Campground: Located on Route 102A four miles south of Southwest Harbor. Open from late May to late September. First come-first served—no reservations. In late July and August there is a great demand for campsites and lines form early each morning. *Fee: \$20.00/night for drive-in site; \$14.00/night for walk-in site.*

REGULATIONS

Pets must be leashed and attend at all times. Camp in established campgrounds only. Overnight backpacking is prohibited. Acadia is a small national park with a large visitation. Limiting backpackers to a reasonable level to assure minimal damage to resources is not a feasible option.

Length of stay is limited to 14 days. Quiet hours extend from 10pm to 6am. Both campgrounds are closed to persons other than registered campers from 10pm to 8am. Food must be stored in a rigid latching container, vehicle, or in such a manner as to be inaccessible to raccoons, squirrels or other foraging animals.

ISLE AU HAUT

A special use permit is required for use of the camping shelters at Duck Harbor on Isle au Haut. Maximum stay is 5 days from opening through June 15, and from September 15 through closing. From June 16 through September 14 the maximum stay is 3 days. Isle au Haut camping party size is limited to 6 persons per site. Dogs are not allowed in the campground.



Recreation Fact Sheet – Fishing

During July and August, trout and salmon are found deep in the cooler waters of lakes and ponds on Mount Desert Island. Special fishing gear often leads to greater success in catching cold water species in the summer. In the cooler seasons, trout and salmon can be readily caught using common methods. Warm water species can be caught in several lakes and ponds throughout the year using common methods.

FRESHWATER FISHING

You may purchase a freshwater fishing license locally in town offices. Maine residents 16 years or older and non-residents 12 years or older need a license.

To obtain non-resident license:

- Paradis True Value Hardware
31 Holland Avenue, Bar Harbor, 288-4995
- Northeast Harbor Municipal Building, 276-5531
- Southwest Harbor Municipal Building, 244-5404

To obtain resident license:

- Bar Harbor Municipal Building
Cottage Street, 288-4098

Freshwater Fishing License Fees

Maine resident:

- Season—\$19.00

Non-resident:

- Season—\$50.00
- 15 day—\$38.00
- 7 day—\$34.00
- 3 day—\$21.00
- 1 day—\$9.00
- Junior (12-15 years)—\$7.00

(Prices subject to change)

COLD WATER FISHING

Echo Lake

- Brook trout
- (Motors over 10 horsepower prohibited)

Long Pond

- Landlocked salmon

Bubble Pond

- Brook trout
- (Motors over 10 horsepower prohibited)

Eagle Lake

- Landlocked salmon
- Brook trout
- Lake trout
- (Motors over 10 horsepower prohibited)

Jordan Pond

- Landlocked salmon
- Lake trout
- (Motors over 10 horsepower prohibited)

Upper Hadlock Pond

- Brook trout

Lower Hadlock Pond

- Brook trout
- Brown trout
- White perch

WARM WATER FISHING

Long Pond

- Smallmouth bass
- Chain pickerel

Hamilton Pond

- Pickerel
- Largemouth bass

Seal Cove Pond

- Chain pickerel
- Smallmouth bass
- White perch
- Yellow perch
- Brown trout

For more information, contact the Maine Department of Inland Fisheries at 207-255-3772.

Most ponds and lakes on the island are public water supplies. Swimming, wading, and pets are prohibited in public waters supplies. Please respect posted regulations.

OCEAN FISHING

No license needed.

Be cautious of surf conditions. Seaweed and algae covered rocks are extremely slippery.

Frazer Point, Schoodic Peninsula

- Mackerel (when running)

Sargent Drive, Somes Sound

- Mackerel and bluefish (when they are running, periodically in mid-July, August, September)
- Striped bass (July, August, September)



Recreation Fact Sheet – Rock Climbing

Acadia National Park offers a variety of fine climbs on small cliffs created during the last continental glaciation. Most of these cliffs are composed of solid coarse-grained pink granite. The longest routes are 3 pitches. Otter Cliffs and Great Head provide a spectacular setting for sea cliff climbing not commonly available elsewhere in the United States.

SAFETY

Climbers assume responsibility for personal safety. On some routes local climbers maintain fixed protection or rappel stations. As always, evaluate them before using. At Otter Cliffs, the park maintains fixed anchors on top that must be used instead of trees to belay several climbs. Evaluate them before using also, and notify the park immediately of safety concerns. Climbers at Great Head and Otter Cliffs should know tides and weather forecasts; climbing at these areas is more difficult and dangerous at high tide or in heavy seas. Climb within your limits. Emergency Phone 288-8791 or 911.

INSTRUCTION/GUIDING

Climbing instruction and guiding are available locally in Bar Harbor.

GUIDEBOOKS

A Climber's Guide to Mount Desert Island by Geoffrey Childs is available for review at the park visitor center. You may also purchase Jeff Butterfield's *Acadia's Climbers Guide*.

COMMONLY USED CLIMBING AREAS

Otter Cliffs: 60' sea cliffs, crack and face climbing, rappel access, routes up to 5.12.
South Wall (Champlain): 3 pitch routes to 5.12, good corners and thin cracks.
Central Slabs: 1 pitch routes, some good beginner routes, routes to 5.10.
South Bubble: 1-3 pitch routes, some friction climbing, good beginner routes.
Great Head: high grade sea cliff climbing, rappel access, know tides and weather.

Many other small areas are used infrequently and good bouldering can be found along the ocean between Sand Beach and Otter Cliffs, and near Blackwoods Campground.

MANAGEMENT

Between 1995 and 1997 a climbing management plan was developed with public input. The plan is expected to guide climbing management for three to five years. Development of this plan, along with legislative mandates and NPS policy, helped formulate the regulations and guidelines listed here. As an important part of climbing management, a climbing advisory group consisting of climbers, park staff, and others makes recommendations to the superintendent on climbing issues. The advisory group works through the existing Acadia National Park Advisory Commission. For further information call the park at 288-8727.

ACADIA NATIONAL PARK CLIMBING REGULATIONS

Daily Use Logs: Climbers should sign daily use logs at Otter Cliffs, Canada Cliffs, and the South Wall, which are available at these three climbing areas, park headquarters, visitor centers, and campgrounds.

New Route Development: New route development is defined as installing fixed protection (including piton use) or clean routes (route cleaning is the systematic and comprehensive removal of soils and vegetation from climbing routes). It is permitted only with the prior approval of the superintendent and only at the Precipice Wall, South Wall of Champlain, Jordan Cliffs, Beech Cliffs, Canada Cliffs, Great Head, Dorr Mountain (pinnacle), Enoch Mountain (upper area) and Mansell Mountain. The climbing advisory group reviews new route development proposals and makes recommendations to the superintendent. If approved, climbers will be issued a permit that covers fixed protection, route cleaning, and the use of a power drill. The advisory group also reviews proposals for the replacement or removal of fixed protection. New routes without fixed protection or route cleaning may be established freely. Effects of these new routes should be similar to those of a cross country hiker—no blazing or clearing of a trail, and largely incidental (not deliberate) effects from passing through. Removal of soils or vegetation from these new routes should be the minimum.

Groups: A maximum size of 12 persons, including guides, applies throughout the park to all organized climbing groups. Groups of friends are not considered organized groups. Groups must make reservations for Otter Cliffs from Saturday of Memorial Day Weekend through Labor Day. Two groups per day may reserve Otter Cliffs. Organized groups of five persons or less do not need reservations.

Commercial Use: Any group or person offering instruction or guiding services in the park for a fee must obtain a business permit (36 CFR 2.15a).

Dogs: Dogs are prohibited at climbing areas to the extent that they may not be tethered or allowed to run loose while their owner is climbing (36CFR 2.15 a). Dogs must be leashed and attended at all times. Dogs can harass wildlife, disturb other visitors, damage vegetation, and accelerate erosion by digging.

Closures: The Central Slabs, Jordan Cliffs, and Beech Cliffs are usually closed to protect nesting peregrine falcons between early April and mid-August. Exact dates will vary annually (36 CFR 1.5).

Fixed Anchors, Otter Cliffs: Climbers must use existing anchors for climbs at the north end of the cliff near the route “A Dare.” Use of trees in this area is prohibited.

LOW IMPACT GUIDELINES

- Avoid using trees for belays to prevent continued soil erosion, especially at Otter Cliffs.
- Use established access trails and walk on solid rock to reduce impacts to soils and vegetation.
- In May and June, black guillemots nest at Otter Cliffs. Check for them, and consider using other routes.
- Social trails are proliferating on top of Otter Cliffs because climbers are using vegetated areas as toilets. A vault toilet is available in the Otter Cliffs parking lot.

ACADIA NATIONAL PARK GROUP CLIMBING RESERVATION INFORMATION FOR OTTER CLIFFS

The Acadia National Park Climbing Management Plan, completed in 1997, recommended a reservation system for organized groups climbing at Otter Cliffs. Otter Cliffs is popular with organized groups for introducing clients to rock climbing. A spectacular oceanfront setting, easy access, and beginner routes all contribute to this popularity.

The Climbing Management Plan described damage to soils and vegetation and problems with crowding at Otter Cliffs. Some of the damage and crowding was due to several groups arriving to climb on the same day. Also, the number of climbing routes, especially beginner routes, is limited. The goal of the reservation system is to spread this group use out across the days of the summer to protect resources and provide a better experience for group and individual climbers.

RESERVATION INFORMATION

Reservations are required for organized commercial and noncommercial climbing groups wanting to climb at Otter Cliffs. They are not needed for groups of friends climbing together. The reservation season will run from Saturday of Memorial Day weekend to Labor Day. Two groups of up to twelve persons, including any guides or instructors, will be accommodated per day. Organized groups of five persons or less do not need a reservation for Otter Cliffs. Organizations will be limited to 10 days of climbing between the above dates.

The group size limit of 12 applies to ALL climbing groups using any park climbing areas at any time of year. The purpose of this size limit is to reduce the effects of large groups on park resources and the climbing experience. We request your cooperation.

RESERVATION PROCEDURES

Complete a separate reservation request for each day you wish to climb. The form can be requested by calling the park at (207) 288-3338. There are no fees. Reservations can be sent by mail or fax, postmarked or faxed March 15 or later. Mail or faxes postmarked or sent earlier than March 15 will be discarded without action. Reservations can also be made in person at park headquarters beginning March 15. Telephone requests will not be accepted. A lottery system will be used to process requests by the date received. We will then notify you by mail. You may call 207-288-3338 Monday through Friday 8am-4:30pm to check availability of dates and for general climbing information. On weekends or holidays, you may leave a message at (207) 288-8791.

An Otter Cliffs climbing reservation does not authorize the exclusive use of any climbing routes. Group leaders are expected to contact other climbers about sharing routes. They are also expected to use extreme courtesy when dealing with other groups that may not be aware of the reservation system. If there is a conflict, work out an appropriate on site solution together and tell the leader to contact the park. You should then contact the park also. We can suggest other climbing areas suitable for groups. Thank you for your cooperation.

LOW IMPACT GUIDELINES

Avoid using trees for belays to prevent continued soil erosion. Use established access trails and walk on solid rock to reduce impacts to soils and vegetation. In spring and early summer, black guillemots nest at Otter Cliffs. Check routes for nests before climbing and consider using other routes to avoid disturbance. The nearest toilet to Otter Cliffs is in the parking lot. Group leaders should approach other climbers about sharing routes.